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Celebrity Buzz

Vancouver cozy for Kristen, Rob

pg 22

Cocaine traces found on most Canadian bills

STUDY We're all likely carrying some cocaine around.

That's according to a recent study that found more than 85 per cent of Canadian banknotes contain trace amounts of the drug.

Scientists at the American Chemical Society tested bills from more than 30 cities in five countries and found "alarming" evidence of cocaine use, especially in Canada and the United States.

Bills become contaminated when people use them to snort cocaine, during drug deals and even when they touch contaminated notes at the bank.

Amounts range from smaller than a grain of sand to the equivalent of about 50 grains — too low to pose health or legal risks. METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

Passengers ride a Canada Line train from Waterfront Station toward Vancouver International Airport yesterday afternoon. The $2-billion transit system begins regular service at 4:50 a.m. today. More coverage, page 4.

100,000 ride the Line

Some wait 2 hours to board $2B link on festive opening day

JEFF HODSON
jeff.hodson@metronews.ca

Tens of thousands of people waited for hours in "Canada lineups" yesterday to be among the first to ride the $2-billion transit system.

The 19-kilometre Canada Line, which links Vancouver with Richmond and the airport, opened to the public yesterday three-and-a-half months ahead of schedule.

More than 100,000 people had ridden the Canada Line during a free eight-hour preview.

Some waited for more than two hours in block-long lineups. The longest lineups were at Waterfront, YVR and Brighouse stations.

"The lineups weren't too bad to start," said Cory French, a Vancouver man who rode the train after attending the opening of the Broadway-City Hall Station. "But as you pop your head out at various stations you can see that it's getting busier and busier."

At one point, the lineups at YVR ran down the stairs and out onto the departures level. And just before the 1 p.m. opening, the lineup at Vancouver City Centre stretched along Granville Street from Georgia to Robson.

Bands and entertainment along with food and drink (and souvenir passports and pins), greeted riders at each of the 16 stations.

Lineups

- At 5 p.m. yesterday TransLink posted a list of opening day wait times at various stations:

Waterfront	1.5 - 2 hours
Bridgeport	2 hours
Brighouse	1.5 - 2 hours
YVR	longer than 2 hours

Aside from the overcrowding, people were mostly complimentary of the trains, which most found wider, more spacious and cleaner than SkyTrain cars. One even remarked about the "new train smell."

In the morning, Premier Gordon Campbell joined International Trade Minister Stockwell Day for a ribbon-cutting ceremony at Vancouver International Airport before riding in the first train from the airport to Waterfront Station downtown.

"Every minute … for a century, there will be a car that takes people from this destination to their destinations along the line," Campbell said. "That is an example of building a dream."

Richmond Mayor Malcolm Brodie, Vancouver Mayor Gregor Robertson and VANOC CEO John Furlong boarded the train at various stops.

ShareYourViews
vancouverletters@metronews.ca

Opening day musings:

"I'm excited. I'm originally Torontonian. I used to ride the subway all the time. This is just like the subway and it brings back a lot of memories."
Janice Irwin, Yaletown

"It smelled a lot better than (SkyTrain). It is nice and clean … It was very busy."
Ariane Jaschke, Pitt Meadows

"We were one of the first ones on. It was great … It's historic."
Jerry Hatud, Vancouver

"I live close to Langara and I work downtown. It'll be easier."
Megan Tessel, Vancouver

"I'm not too happy about the $6.25 … airport premium that's coming up in February. For a single person (to the airport) six bucks is okay, but for a family it's $18."
Cory French, Vancouver

Your Money pg 14

Savings, and tastings, too

The J Spot pg 17

Vogels has ideas for iPhone apps

Please recycle

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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Norman designing course
Professional golfer Greg Norman, nicknamed The Shark, will design a championship golf course in a new $1-billion planned community development in Peachland, on the shores of Lake Okanagan. The course is scheduled to open in the spring of 2011. METRO VANCOUVER

Local

Rocker brothers dine out

Kings of Leon brothers Nathan, left, and Caleb Followill dined with their cousins at The Shore Club in Vancouver on Saturday night. They ate out following their sold-out concert, which was attended by Twilight stars Robert Pattinson and Kristen Stewart. METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

SKATEBOARDING Fifty of Canada's top amateur skateboarders will be competing in the King Of Vancouver skateboarding contest under the Georgia Street Viaduct this weekend. Competitors will be vying for part of the $10,000 cash purse and a spot on a skate squad, the DC Kings Team.

TIPS Since the launch of the Crime Stoppers Anti-Gang Crime Initiative April 1, tips about gangs have increased 20 per cent, police said yesterday.

CRASH Four people were taken to hospital with minor injuries after a stolen pickup truck being pursued by police hit a semi truck in Surrey at about 3:20 a.m. yesterday.

METRO VANCOUVER

metronews.ca
What's online today.

Your Money Allan Small on why fears of high U.S. inflation are unfounded at **metronews.ca/investing**

Blogs Sportsnet analyst and former England premiership goaltender Craig Forrest joins the It's Called Football show to talk premiership and MLS

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B.C. beer ad offends Ontarians

Visitors complain about billboard taking shot at Toronto

A new billboard in the Okanagan advertising Coors Light declares the beer is "Colder Than Most People From Toronto."

It caught by surprise a woman who grew up in Kamloops and now lives near Hogtown.

"That's pretty insulting to such a large group of people," said Kathryn Morton. "We hear stuff about Toronto people all the time but we couldn't believe anyone would put it on a billboard."

She saw it during a family camping trip a couple of weeks ago.

"What bothered us was we saw the Olympic logo on the billboard. This isn't a great way to bring in people to the province."

But marketing expert Paul Cubbon said it's likely the marketing people behind the billboards wanted to generate talk. Poking fun of Toronto is a unity issue that ties everyone who doesn't live there together and the strategy has been used for years.

SUBMITTED PHOTO

Coors billboard about Toronto.

"I thought the ad was humorous," said Cubbon who spotted it last weekend. "Everyone out here likes poking fun of Toronto."

The Toronto line is one of four slogans on Coors Light's 358 billboards in B.C.

Coors Light brand marketing manager Adam Moffat said he has heard of complaints about the ad from one or two people.

"We're playing off regional differences," said Moffat. "What we've told consumers is we're sorry and apologetic if we've offended anyone."

TORSTAR NEWS SERVICE

New jerseys rich with symbolism

KRISTEN THOMPSON
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Hockey Canada yesterday unveiled the jerseys that will be worn by Team Canada during the 2010 Olympic and Paralympic Games.

A red Maple Leaf sits in the centre of the uniform, inside of which several Canadian symbols — including First Nation imagery, iconic animals like a moose and beaver, and a hockey player and stick — are featured.

"The jerseys honour the game of hockey and also celebrate our rich Canadian history and culture," said Scott Smith, Hockey Canada's COO, at the University of B.C. Thunderbird Arena.

KRISTEN THOMPSON/METRO VANCOUVER

VANOC CEO John Furlong stands in front of the newly unveiled 2010 hockey jersey at UBC Thunderbird Arena yesterday.

John Furlong, CEO of VANOC, said he expects Canadians will wear the jersey not just to hockey games, but all sporting events.

"This is very important in our country, very much a part of our culture," he said.

"This sweater represents (our athletes') vision and mission and determination to make every Canadian feel a part of the Olympics."

Judge from B.C. Rail case stepping down for new job

KRISTEN THOMPSON
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The judge who has been presiding over the B.C. Rail corruption trial for more than three years announced yesterday she's stepping down to begin her new job with the B.C. Court of Appeal.

The case against former Liberal government aides Dave Basi and Bobby Virk, who are charged with corruption and fraud in connection with the sale of B.C. Rail, has been in the pre-trial stage since 2006.

It likely won't go to trial for at least another year.

In May, Justice Elizabeth Bennett accepted an appointment to the Court Of Appeal and said it's "unrealistic and impossible" to expect her to essentially do two jobs. She added that since she has heard no evidence yet, the rights of the accused won't be jeopardized by introducing a new judge.

Bennett made her announcement on the same day the court was expected to hear what happened to thousands of missing cabinet emails — which may have been deleted — related to the $1-billion sale of B.C. Rail to CN.

Basi and Virk argue that anything they did during the sale of B.C. Rail was under the direction of the government.

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Lil Wayne concert cancelled an hour before showtime

Lil Wayne cancelled his Vancouver concert an hour before he was set to appear on stage at GM Place last night. The late cancellation was made for "reasons beyond the control of promoters," according to LiveNation. Ticketholders will be reimbursed. METRO VANCOUVER

Arts groups fear funding cuts

GRANTS Various Vancouver-area arts groups said yesterday the curtain will be drawn on the services they provide if the provincial government cuts their funding.

The B.C. Liberals have frozen annual gaming grants the groups rely on for programs ranging from theatre to food banks and hospices. According to the NDP, those funds may be cut entirely when the post-election budget is announced in September.

"If these grants are cut now, it will be a particularly big blow to small arts organizations, which made plans for the season based on the government's assertions that their funding would be maintained," said NDP tourism and arts critic Spencer Herbert.

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Bridge a continental first

Canada Line the premier extradosed bridge in North America

JEFF HODSON
jeff.hodson@metronews.ca

The Canada Line bridge that joins Richmond with Vancouver across the north arm of the Fraser River is a North American first.

Jane Bird, president and CEO of the $2-billion Canada Line project, said the North Arm Bridge had to be low enough for planes to land at YVR's north runway, but high enough for marine traffic on the Fraser.

"It's the first extradosed bridge in North America," said Bird while riding the Canada Line between Waterfront to YVR stations yesterday.

"It's partly supported from below and partly from above."

The Golden Ears Bridge, which opened on June 16 and links Maple Ridge and Langley, is billed as North America's longest extradosed bridge.

The North Arm Bridge is 562 metres in length and includes a pedestrian and cyclist bridge attached to the west side of the guide way.

"I think everyone likes the bridge," said Bird. "You can see the marine traffic and the mountains."

Facts

- Expected operating life of 100 years.
- Three water crossings, one tunnel and two bridges.

JEFF HODSON/METRO VANCOUVER

A Canada Line train crosses the North Arm Bridge yesterday from Vancouver into Richmond.

Control of Tourism B.C. shifted to ministry, president ousted

ANNOUNCEMENT Tourism B.C.'s president has been let go and its board of directors will be replaced with an advisory council that will answer to the minister of Tourism, Culture and the Arts.

The surprise announcement was made by the provincial government yesterday, which said the move would reduce administrative costs and better co-ordinate marketing initiatives.

"While Tourism B.C. has served British Columbia well, in these difficult economic times it is critical that we maximize every tourism dollar for marketing B.C. to the world," Tourism Minister Kevin Krueger said.

The integration of Tourism B.C., which was formed in 1997 as an independent Crown corporation, is effective April 1, 2010.

NDP tourism critic Spencer Herbert accused the Liberals of cutting the program to cover up "their budget lie."

He added that with the looming HST and the current economic downturn, "there could not be a worse time for the government to axe Tourism B.C."

JEFF HODSON/METRO VANCOUVER

Tourism benefits

- Tourism generated an estimated $13.8 billion in 2008, providing more than 120,000 direct and 170,000 indirect jobs across the province.

News in brief

SHOOTING A 26-year-old man is in serious condition in hospital after being shot in Surrey yesterday. The victim was shot in the 13500 block of King George Highway around 11 a.m.

CONFRONTATION Police are looking for a man who allegedly shot a Native fisherman in the face with an air gun in Chilliwack. Police say two men were participating in a First Nation fishing event when their drift net became tangled with the boat of a sports fisherman, and an argument broke out.

DEATH The death of a man who was run over by his own boat in Richmond was an accident, the RCMP has concluded. The boat was in gear and its steering wheel cranked to one side when the victim started it and was thrown from the vessel.

SEARCH Langley RCMP are searching for the owner of a tractor that was found on the back of a stolen trailer. The trailer had become unhitched from the back of a pickup while on 40th Avenue, and crashed into a tree.

METRO VANCOUVER

When we say our financial co-op is local, we mean playing pitch-n-putt in Stanley Park local.

Vancity

Man critical after theatre plunge
A 27-year-old man is in critical condition after he fell more than nine metres from the second floor of a Toronto movie theatre Sunday night. According to witnesses, the man was descending on the escalator when he decided to hoist himself onto the moving handrail in order to ride it down. TORSTAR NEWS SERVICE

Canada

Letter arrives very late

A letter mailed Aug. 22, 1992 from an Islamic mosque in Toronto arrived last Thursday in the mailbox of Ghulam Sajan — less than a kilometre away. Only the first part of the postal code was scribed. The rest, it seems, took 17 years, less a few days, to figure out. The letter carried a donation receipt for aid in Bosnia. Albert Lee, communications manager for Canada Post, says letters are delivered within standard time, more than 96 per cent of the time. TORSTAR NEWS SERVICE

Moscow **Space training**

SERGEI REMEZOV/REUTERS

Guy Laliberte, left, Canadian billionaire owner of Cirque du Soleil, and Barbara Barrett, his back-up crew member, prepare for exercises at the Star City space centre outside Moscow yesterday. Laliberte is on the countdown to become Canada's first space tourist.

News in brief

HEALTH The Canadian Medical Association Journal says Canada needs a national health czar with the power and independence to make unpopular but necessary decisions about influenza A (H1N1), also known as swine flu.

COURTS On behalf of all Quebec women, "Lola" is going to appeal. Having lost her case in Quebec Superior Court as she attempted to win spousal support from her high-profile, billionaire common-law ex-husband, the former model is steadying for a long fight.

TORSTAR NEWS SERVICE

Facebook vows changes

Site to improve privacy in response to report

Facebook has given Canada's privacy commissioner formal assurances that it is tightening up control over how people's personal information is treated on the huge, social networking site.

The promises, delivered yesterday along with a schedule for improvements, appear to be a sign that this Canadian privacy dispute with Facebook will not escalate into a Federal Court case.

Yesterday was the 30-day deadline for Facebook to respond to a strongly worded report issued last month by Canada's privacy commissioner, Jennifer Stoddart, criticizing how people's personal information was being treated by the global giant in online friendships.

Users

- An estimated 12 million Canadians use Facebook to connect with friends and colleagues. Canada, with Privacy Commissioner Jennifer Stoddart's report, became the first country to try to put some legal boundaries on the use of personal information on the site.

If Stoddart is not happy with Facebook's response, she has 15 days to decide whether to get the Federal Court of Canada involved.

Alexandra Brown, a Toronto spokesperson for Facebook, said a formal response was sent yesterday to the privacy commissioner's office, complete with timelines for Facebook to respond to the concerns raised in last month's report.

Over the past month, the two sides have reportedly been working well together, with privacy-commission officials paying a visit to Facebook headquarters in Palo Alto, Calif., to negotiate a compromise.

"I know there's been lots of discussion and there will continue to be discussion over the next 15 days," Brown said.

Canada's privacy commission was sounding similarly upbeat about the status of the dispute.

Anne-Marie Hayden, a spokesperson for the privacy commission said: "We continue to have very positive discussions with Facebook ... It's going very well."

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Alberta ranchers face selling off herds due to feed prices

Many ranchers across Alberta are being forced to sell off part of their herds because they can't afford to feed them, CBC News Online reports. The summer drought has more than doubled the price of hay and a hail storm earlier this month damaged what was left of many farmers' pastures. METRO NEWS SERVICES

Concern over late crops as frost hits central Alberta

Frost hit parts of central Alberta during the weekend, Canada's weather forecasting agency said yesterday.

Freezing temperatures were recorded at weather stations 80 to 100 kilometres north of Edmonton, said Environment Canada meteorologist Sandy Massey.

A low of -2.1 C was recorded Saturday morning northeast of Edmonton, where the temperature remained below freezing for about four hours, Massey said.

A station northwest of the city dropped to -0.9 C Saturday morning and remained below freezing for one to two hours, she said. The same weather station recorded a temperature of -1.4 C on Sunday morning.

Crops in Western Canada, a key area for spring wheat and canola, are about two weeks behind, meaning farmers are counting on frost-free conditions extending into late September to allow their crops to mature.

It will take several days for any crop damage to show up, said Mark Cutts, a crop specialist with the Alberta government. Frosts that reach 1-2 C below freezing can significantly affect quality, he said.

REUTERS

Street tennis **Rogers Cup**

MARK BLINCH/REUTERS

Ana Ivanovic serves to Caroline Wozniacki during a promo match yesterday at Yonge and Dundas streets to promote the Rogers Cup tennis tournament in Toronto. More, page 15.

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Pet food policy under question

More than two years after a massive recall of tainted pet food, the federal government maintains that the domestic pet food industry should continue to police itself.

And although some new rules came into force this summer, veterinarians and pet owners wonder if Ottawa has done enough to prevent a repeat of the events that led to the deaths of hundreds of North American cats and dogs.

In March 2007, Mississauga-based Menu Foods recalled 60 million cans and pouches of pet food, manufactured in the United States and sold under 95 brand names, after reports of kidney failure and death among dogs and cats.

The food was found to contain wheat gluten from China contaminated with melamine, a chemical used to make plastics and pesticides.

At the time, then-agriculture minister Chuck Strahl pointed out the contamination occurred even though the U.S. Food and Drug Administration regulates pet food quality south of the border.

At Ottawa's request, the Canadian Food Inspection Agency consulted with stakeholders including the Canadian Veterinary Medical Association, the pet food industry and other government agencies and departments to see whether more regulation was needed.

Francine Lord, the food safety agency's deputy chief veterinary officer and director of the terrestrial animal health division, said in an interview that the Health of Animals Act, the federal law governing animals and their by-products, is strong enough to ensure safety. TORSTAR NEWS SERVICE

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THE BLAZER: Something I picked up at Value Village for a fake prom party. The sleeves are too short, but I just roll them up.

THE JEANS: These jeans are the perfect cut. I have them in 3 washes.

MATT, Calgary

MATT'S LOOK: Downtown dapper. Matt puts his own spin on preppy by recycling old clothes to create fresh looks. He's a fashion environmentalist, although he's more into clean lines and classic colours than hemp. He's killer smooth, and he admits to flirting with store staff so they'll knock the price down. Well done Matt. If you've got it, flaunt it for discounts.

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Hurricane Bill gains steam, nears Bermuda
Hurricane Bill, the first hurricane of the 2009 Atlantic season, revved up quickly as it headed towards Bermuda yesterday. REUTERS

World

Uzbek militia leader backs Karzai in vote

LUCY NICHOLSON / REUTERS

A boy cleans teapots in front of election posters in Kabul yesterday. Afghanistan's presidential election will be held on Thursday.

One of Afghanistan's most notorious militia leaders threw his support behind President Hamid Karzai yesterday, the final day of campaigning for this week's tense election.

With the outcome of Thursday's ballot hanging on the threat of Taliban-led violence and the clout of old militia chiefs, Karzai's main rival Abdullah Abdullah staged an equally frenetic rally in the capital, Kabul.

In the north, thousands gave a rapturous welcome to former Uzbek militia chief Gen. Abdul Rashid Dostum, who jetted back to Afghanistan on Sunday from exile in Turkey.

"We need to go with Hamid Karzai into the future," Dostum told cheering supporters in Shiberghan, his home city.

Dostum's backing could deliver enough support to swing the election for Karzai in a single round, despite grave fears expressed by the United States and the United Nations over Dostum's possible return to a position in government.

Polls have shown Karzai firmly in the lead with about 45 per cent of the vote, but not enough to win an outright majority and avoid a run-off against Abdullah, Karzai's former foreign minister, who has strong support in the north. REUTERS

Suicide bombing kills 20 in troubled Russian region

INGUSHETIA A suicide bomber killed 20 people and wounded 138 in Russia's Ingushetia region yesterday, turning a simmering Islamist insurgency into the biggest test of Kremlin control of its southern flank.

President Dmitry Medvedev fired Ingushetia's interior minister after the bombing, the latest in a string of assaults linked by analysts to Islamist insurgents, against authorities in Russia's poorest region.

The bomb exploded at the gates of the main police station in Nazran, Ingushetia's largest city, as officers lined up at the start of their day. Smoke billowed from the remains of the station as people sifted through rubble. Wrecked cars were scattered around a four-metre-wide crater.

Ingush leader Yunus-Bek Yevkurov, who is recovering after a suicide bomb attack in June, said yesterday's blast was aimed at destabilizing the region. REUTERS

Chinese plant stormed over lead poisoning

DONGLING Chinese protesters yesterday broke into a smelting works they blame for the lead poisoning of hundreds of children, smashing trucks and tearing down fences, state news agency Xinhua said.

More than 600 children living near the Dongling metal smelter, in Shaanxi province, have dangerous amounts of the heavy metal in their blood and 154 are so sick they have been admitted to hospital, the report added.

Pollution-related protests are growing common in China, though police normally try to nip them in the bud before they become violent. In other cases, officials show up and mollify residents with promises of financial or other aid. REUTERS

News in brief

IRAN Iranian police used batons to disperse dozens of opposition supporters chanting "death to the dictator" in central Tehran yesterday to protest against the closure of a reformist newspaper, a witness said. The latest street unrest after Iran's disputed June 12 presidential vote took place near the offices of the Etemade Melli, the daily of leading pro-reform cleric Mehdi Karoubi. REUTERS

Wildfire linked to drug cartel?

Wildfire investigators in California are looking for marijuana growers tied to a Mexican drug cartel they suspect of igniting a blaze that has charred more than 87,000 acres of a national forest. Authorities said firefighters were warned the growers were likely still in the area and trying to escape on foot. REUTERS

U.K. prisoner transfer sparks uproar

Human rights lawyers will take legal action against the British government unless it names two men captured by British troops in Iraq who were subsequently moved to U.S. custody in Afghanistan, a charity said yesterday

Britain has confirmed it handed two suspects to U.S. officials in 2004 and that they were subsequently transferred to Afghanistan, breaching U.S.-British agreements not to move suspects out of Iraq without prior consultation.

"The U.K. has now admitted that they were complicit in a crime."
Clive Stafford Smith

But the Ministry of Defence did not name the men — said to be members of Laskhar-e-Taiba, a Pakistan-based group with links to al-Qaida — saying it would violate data protection laws.

"The U.K. has now admitted that they were complicit in a crime," Clive Stafford Smith, director of the British rights group Reprieve, told reporters. "Having admitted that they have been a party to that, they won't tell us who the victims are."

Reprieve said they believe the men are from Pakistan.

REUTERS

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Massive ID theft case comes to light in U.S.

CRIME U.S. authorities announced what they believed to be the largest hacking and identity theft case ever prosecuted yesterday in a scheme in which more than 130 million credit and debit card numbers were stolen.

Three men were indicted on charges of being responsible for five corporate data breaches in a scheme in which the card numbers were stolen from Heartland Payment Systems, 7-Eleven Inc. and Hannaford Brothers Co., federal prosecutors said in a statement.

Data sale

- The suspects would seek to sell the data to others who would use it to make fraudulent purchases, the prosecution's statement said.

The suspects also hacked two unidentified corporate victims, the U.S. attorney's office in New Jersey said in the statement.

Prosecutors allege Albert Gonzalez, 28, of Miami, and two unnamed Russian co-conspirators targeted large corporations by scanning the list of Fortune 500 companies and exploring corporate websites before setting out to identify vulnerabilities.

In one example, the suspects went to retail locations to identify the type of checkout machines, and after further investigation into the computer systems they uploaded information onto servers that worked as hacking platforms, the statement said.

REUTERS

Thousands gather to show support for Thai politician

POLITICS More than 20,000 supporters of former Thai premier Thaksin Shinawatra rallied in the historic heart of Bangkok yesterday, seeking a royal pardon for the fugitive billionaire and illustrating a deep political divide.

Officials from the United Front for Democracy against Dictatorship gave hundreds of boxes containing a petition with a total of 3.5 million signatures to a representative of the king outside Bangkok's Grand Palace. Despite fears of clashes, the crowd dispersed soon after the petition was submitted.

REUTERS

Did you know?
Canadians are saving a mere 4.7 per cent of their take-home pay, according to a recent report from Statistics Canada for the first quarter of 2009. **NEWS CANADA**

Student ¢ents

Scholarly costs

Expect to spend about $1,000 per year for books and school supplies. If you are entering a specialized course such as dentistry, medicine or architecture, expect a much higher cost. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

‘It’s time to chart your own course’

Good planning can help build rosy financial future

JON TATTRIE
for Metro Canada

While universities may appear to be debt-making machines, financial advisers say good planning can have you graduating in the black.

Anna Conner of Sun Life Financial says it’s possible if you follow three rules: Find yourself financially, stop the leaks, and save/invest. To be extra safe, protect that investment with life insurance.

“Start with a plan,” she says. “You have a goal: To graduate with your degree. You have to figure out how you are going to do that from a monetary point of view.”

Ideally, pay for university out of your savings, costing nothing in interest. If you don’t have tens of thousands of spare dollars, you’ll need a student loan.

Financially, “you have to know where you’re starting from to be able to get where you’re going,” she says. “You have to open up your bank statement, your credit card statement.”

It’s tempting to throw it in the drawer and just make the minimum payment, but that adds up. “Look at it this way: Every time you pay off a 16 per cent interest rate credit card debt, you’ve just made 16 per cent return on your money,” Conner says.

“You’ll be amazed at how much money you’re leaking. Stop the leaks.”
Anna Conner

Next, Conner recommends tracking all of your expenses for two months. “You’ll be amazed at how much money you’re leaking,” she says. “Stop the leaks.”

With your economic ship patched up, it’s time to chart your course. For short-term savings to cover a down payment for a home or to pay down a debt, Conner likes TFSAs (tax-free savings accounts).

“You can do it in a short-term money market so that you have fluid cash and can draw your money out very quickly, or you can invest it for a longer range in things like mutual funds, GICs, etc.,” she explains.

Experts suggest you put away 10 per cent of your earnings — even if you’re a student.

If you can put the money away for longer, invest. “I’m a firm believer in getting your money into the markets at a young age,” she says. People get scared by the bad bear runs, she says, but the bulls always win. “Over the last 50 years, we’ve had about a 10 per cent return,” she says. “For young people, you’ve got the ability to allow the markets to do their thing.”

Either way, 10 per cent of earnings — even as a student — should be socked away.

Finally, consider buying life insurance to guarantee your future insurability.

“When you’re young and healthy, it’s extremely inexpensive to pick up a cheap-term insurance that will carry them through until they can afford the Cadillac,” she says.

If you wait 10 years, developing diabetes or MS, or a range of other conditions, could make getting life insurance next to impossible.

Hana, a blogger at York University’s YUBlog, says the most important thing is to live thriftily. Live at home, take public transit, pack a lunch, throw house parties and buy second-hand, she urges.

“For most of us, being a student is synonymous to being short on cash for four years, but there are a few ways to make the pinch more bearable,” she writes.

Low-cost accounts

You have probably heard the expression “look after your nickels and dimes, and the dollars will take care of themselves.” In order to collect those dollars, low-cost bank accounts can represent an interesting solution.

Low-cost bank accounts cost less than $4 a month. They offer such features as a debit card, cheque-writing privileges, a number of free in-branch transactions, and a monthly statement or a bankbook.

As several banks have agreed to offer low-cost accounts, you should shop around for the kind of account that best suits your banking needs. For example, you may prefer to do your banking through a teller. Some banks may charge extra for some in-branch services (such as bill payments) on top of your regular monthly fee. Having this type of information can save you from any surprise fees on your bank statement at the end of the month.

To make sure you understand the terms and conditions of the account you choose, the Financial Consumer Agency of Canada recommends you find out:

- What the monthly fees are;
- What types of transactions are included, and how many;
- How much it will cost for transactions over and above your monthly limit;
- What extra fees may apply for specific services (such as bill payments).

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Comment

NDP's challenge was never the name

NationalReport

Whew! What a dull convention. The New Democrats came together on the weekend in Halifax for their biggest party gathering in three years. Some bold moves were forecast going in. Nothing had happened going out. Bottom line — the Dippers are standing pat. There was much talk of broadening the party's reach through a name change or such initiatives as tax breaks for businesses. But in the end it was former leader Alexa McDonough who captured the mood. "The foundation of the party is rock solid," she said. There has to be change, "but what isn't going to change, is our basic values."

The party has made gains in recent elections. The Liberals, under new leadership, appear to be leaving them more room on the left side of the spectrum. Jack Layton is solid. Why take risks?

There wasn't enough momentum from the rank and file to say to heck with third place, let's try and challenge the two major parties.

To do that, changing the name to simply The Democratic Party would have been a risk worth taking. In its current form the party still has a 1960s Woodstock air. Modernization of the image is a must.

These should be ideal times for a party like the NDP. There's a recession, an unpopular war, an environmental crisis with global warming. They are all issues that play to the left.

But besides having the image of an old party they are also saddled with the problem of a lack of media presence. The New Democrats have no big media to sell their message — to sing their song. There's a national newspaper of the right, the National Post.

There's one for the centre, the Globe and Mail. There's none for the left. In recent times the Canadian media has drifted to the right. The NDP is largely ignored — even when the issues of the day run in their favour.

To change this they have to find a way of gaining ownership of media properties.

But lefties don't have deep pockets.

Big money runs big media — and that isn't going to change.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Education or invasion? Take your pick against extremism

GlobalView

What's a more potent antidote to extremism: Invasions and guns or money for schools?

That was not a trick question and you don't get gold stars for the right answer.

Activists have long told us that getting an education was a great way out of poverty and a crucial ally to economic growth. So it was good to read last week that Canada plans to send Pakistan more aid with a special emphasis on bolstering the Pakistani education system. About time.

For a stark and bloody reminder of where parents turn when public education fails their children, remember the siege at Lal Masjid standoff in 2007 — not in a remote part of Pakistan but in the capital, Islamabad. Two radical brothers established a Taliban-style compound that taught its students the virtues of vigilantism and suicide bombings. More than 100 people, including women and children, died after a bloody standoff with government forces.

Schoolgirls who survived were sent back home — many to rural areas without schools for them — where they told reporters they missed their books and where they passed on what they had learned to village children.

Parents wouldn't have sent their girls and boys to the Lal Masjid compound if there were schools nearby.

That gap has been filled by the now notorious "madrassas." Unlike secular schools, "madrassas" focus on religious education. That isn't the problem. Rather, it's who funds them.

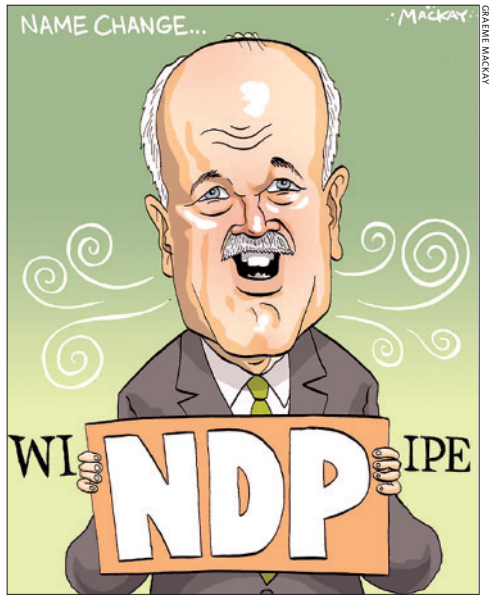
Not everyone who goes to a madrassa blows himself up, but I am not naïve enough to think they're all about love and God either.

If poor governments don't invest enough in schools, you can be sure boys get priority when they do. It's either harsh reality — boys can work and support family — or misogyny — in May, 90 Afghan girls were hospitalized with five slipping briefly into comas after the Taliban staged the third poison gas attack in as many weeks on girls' schools. Sometimes it's both.

In a 2004 report, the U.S.-based Council on Foreign Relations explained why girls' education was worth the investment: it delivers huge returns for economic growth, political participation, women's health, more sustainable families, and disease prevention.

Surely returns like that deserve gold stars?

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



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Metro Online Poll Results

19% SAID YES	Has Ottawa been doing enough to help Canadians in trouble abroad?	81% SAID NO

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Worldwide stocks take a fall
Global stocks and commodity prices tumbled yesterday after last week's poor U.S. consumer confidence data triggered doubts about the strength of a U.S. recovery. REUTERS

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Canadian dollar drops

The Canadian dollar fell to a one-month low versus the greenback yesterday tracking a slump in stocks and oil in a bout of renewed risk aversion.

Doubts about the pace of global economic recovery prompted the market to seek safety in the U.S. dollar, and pushed the Canadian currency as low as $1.1126 to the U.S. dollar, or 89.88 US cents, its lowest since July 20. The loonie closed at $1.1072 to the U.S. dollar, or 90.32 US cents.

Although the currency managed to cut some of the decline by the close, the global slide in stock markets and hard-hit commodity prices, factors that often influence the movement of the Canadian dollar, kept up the pressure.

"I think this is just going into the general concern that people have priced in too much of a recovery," said John Curran, senior vice-president at CanadianForex, a commercial foreign exchange dealing firm.

The price of oil slipped to its lowest this month at below $66 US a barrel as investors became more cautious about the pace of global economic recovery and any subsequent revival in energy demand.

Risk demand was stung as Chinese stocks extended losses overnight and other stock markets followed suit, including the North American markets.

Toronto's main stock market opened three per cent lower and mostly held those losses throughout the session. REUTERS

Bonds boosted

- Canadian bond prices rose sharply across the curve for a second straight session as stock markets sagged and uneasiness about the strength of the recovery mounted. The rise built on gains made on Friday after a drop in U.S. consumer confidence data persuaded investors to exit equities and seek the safety of government bonds.

Lowe's Profits plummet

JIM YOUNG/REUTERS

A Lowe's home improvement store is seen in the U.S. yesterday. Lowe's posted a 19 per cent drop in quarterly profit yesterday and forecast current-quarter earnings below Wall Street estimates as consumers put off big home projects, sending its shares down more than eight per cent.

Cemex seeks $1B equity in debt restructuring plan

CEMENT Cemex, the world's No. 3 cement maker, said yesterday it must raise $1 billion in equity by June as part of a $15-billion debt restructuring that has allayed fears of default.

Monterrey-based Cemex will face higher interest rates on its debt owed to banks and an additional $100-million fee if it does not sell the shares by then, executives said during a conference call with analysts. Fears that it would fail to satisfy creditors have hurt Cemex since last year, when the global credit crisis slammed construction markets and made it harder for even the largest emerging-market companies to borrow in dollars.

Cemex had been under immense pressure to reach a deal to extend debt it took on to finance its acquisition of Australia's Rinker in 2007. REUTERS

Agrium extends offer to U.S. rival

FERTILIZER Canadian fertilizer maker Agrium Inc. again extended its hostile offer for U.S. peer CF Industries Holdings Inc. yesterday, disappointing CF shareholders who had been hoping Agrium would boost its bid.

Agrium pushed back the deadline for CF shareholders to Sept. 22, prolonging the two companies' struggle for dominance in the North American fertilizer market. REUTERS

Business in brief

MAGAZINE Reader's Digest Association Inc., whose namesake magazine has been a staple of dentists' offices for generations, said yesterday it planned to file for Chapter 11 bankruptcy for its U.S. businesses as part of a prearranged plan with lenders to cut debt by 75 per cent.

ENVIRONMENT Nestle Waters North America is selling a new bottled water that it says is better for the environment, and starting a recycling program with Whole Foods Market and Waste Management. REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Your wine or mine?

AlisonOnMoney

Alison's Money Rule:

- Drink no wine before it's time — especially when you make it yourself. But when it's time to quaff, savour the savings.

Here's my end-of-summer garden party nightmare; a brimming glass of the host's homemade wine and me attempting to keep the wince out of every sip.

One thing about a recession though, it opens your mind to what you didn't think you would ever want to do or drink.

Early summer found me in the fruit scented quarters of Just Wine in Milton, Ont. I had driven by the place for 10 years and never once been tempted.

But I love my wine and despite a reported glut of the good grape plus a global economic meltdown, wine prices haven't declined perceptibly.

So, I bravely ordered two kits, 30 bottles of the best Australian Chardonnay and 30 more of the Napa Valley Stag's Leap District Merlot, part of the Selection Estate series distributed by Wine Expert of B.C.

Both claimed gold medals in some tasting or other and both were the most expensive of their kind available in the store. If you are going to do it yourself buy the best available.

Even so, the cost per bottle was under $5 for the white and under $7 for the red (that doesn't include optional labels, 10 cents each, or bottles, $1.10. You can also supply your own.)

Despite a global economic meltdown, wine prices haven't declined perceptibly.

Six weeks later I spent a happy hour bottling the chardonnay and two weeks after that, the merlot. Tasting both during bottling surprised me. Drinkable!

However, getting the most out of your vintner experience demands the patience to wait a minimum of three months for the white and six for the merlot.

So far I've uncorked the chardonnay at two, four and six weeks after bottling — just for research purposes, you understand. Drinkable has progressed to tasty.

At two months the merlot is still too raw for my palate, but improving.

If all works out I estimate savings of at least $2,500 a year — enough to take hubby and me on a very nice wine tasting holiday.

Stay tuned for full tasting results in a couple of months.

Clarification

• In my August 4 column about retail credit cards and Buy Now Pay Later purchases, the proximity of two paragraphs made it seem that The Brick charges accumulated interest if full payment is not made on the expiry of the interest and payment-free period. This is the case with some retailers but not The Brick. We apologize for any misunderstanding about The Brick's policies that may have occurred.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Readers share recession stories

MoneyMatters

Q Readers were asked: How are you managing in this economic environment?
— Henry Choo Chong

A I work for GM and have not worked 40 hours for more than four months. This is after more than 16 years at the plant. My wife makes half my salary and covers our mortgage. **— Carl**

A I am an independent IT consultant for more than eight years. My most recent contract with Rogers was not renewed. My understanding, as confirmed with other fellow IT colleagues, independents are the first to go. Recently, I accepted a contract at 30 per cent below my last position. My car and house payments have not changed and must be paid every month. **— Ahmad**

A My husband lost his job December 2008 and did not find work until June. We were deeply distressed and did not know what we would do. We have two children, eight and five years old. I must thank my financial adviser at our TD branch for introducing us to a program that helps defer and refinance our mortgage. **— Coleen and Darin**

A Join the protest against the new Harmonized Sales Tax (HST). Check it out online. This is not a stimulus but a huge tax grab and the wrong time to be introducing more taxes. I do not have extra money to give to Stephen Harper. **— Cal**

Henry Choo Chong, CGA, can be reached at choochonghcga@yahoo.ca.

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Craig Forrest joins It's Called Football
Sportsnet soccer analyst and former England premiership goaltender Craig Forrest joined the It's Called Football show today to talk premiership, MLS and the future of the Canadian Soccer Association, watch at **metronews.ca/blogs**

Sports

Kane apologizes

Chicago Blackhawks star Patrick Kane, left, apologized yesterday for the pain he caused those close to him after his arrest on charges that he and a cousin beat up a cab driver in Buffalo earlier this month. He did not take questions. A grand jury is expected to decide this week whether Kane should face criminal charges in connection with the incident. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Sharapova wins opener

Wozniak only Canadian left in singles at Rogers Cup

Maria Sharapova was an easy winner in first-round action last night at the Rogers Cup in Toronto.

In the last match of the night, Russia's Sharapova defeated compatriot Nadia Petrova, the 10th-seed, 6-3, 6-4 on the hardcourts at Rexall Centre. It was the third time this season Sharapova has defeated Petrova.

Fourteenth-seeded Pole Agnieszka Radwanska erased Spaniard Carla Suarez Navarro 6-3, 6-3, while an upset came when Italian veteran Francesca Schiavone doused 15th-seeded Frenchwoman Amelie Mauresmo 6-2, 3-6, 6-1. An additional upset came when Alona Bondarenko of the Ukraine downed 13th-seeded Marion Bartoli of France 6-4, 6-3.

Surging Aussie Samantha Stosur held off Canadian qualifier Heidi El Tabakh 7-6 (7-2), 7-6 (7-4), while Hungarian Agnes Szavay subdued Canadian wild card Valerie Tetreault 6-2, 6-4 and Aravane Rezai handled fellow Frenchwoman Alize Cornet 6-4, 7-5 to set-up a second-rounder against top-ranked Dinara Safina. Stosur will face French Open champ Svetlana Kuznetsova in her next outing

Stephanie Dubois, of Laval, Que., lost to Italy's Roberta Vinci, 6-1, 6-2, leaving Aleksandra Wozniak of Blainville, Que., as the only Canadian in the tournament.

Wozniak will face Russia's Alisa Kleybanova today.

Additional opening-round wins came for Austrian Sybille Bammer, Japan's Ai Sugiyama, Switzerland's Patty Schnyder and Ukrainian Kateryna Bondarenko, who will meet Wimbledon runner-up Venus Williams in the round of 32.

METRO NEWS SERVICES

MIKE CASSESE/REUTERS

Maria Sharapova of Russia serves to Nadia Petrova of Russia during their first round match at the Rogers Cup tennis tournament yesterday in Toronto.

Carpenter, Cards shut down top NL team

BASEBALL Rick Ankiel's two-run homer in the top of the seventh inning was the difference, as the St. Louis Cardinals edged the Los Angeles Dodgers 3-2 in the opener of a three-game series at Chavez Ravine.

Albert Pujols also homered for the Cardinals, who have won nine of their last 10 games. Chris Carpenter (13-3) gave up two runs on five hits and struck out eight over eight innings to collect the win, his fifth straight.

Casey Blake and James Loney each drove in a run for the Dodgers, who have dropped four of five.

Angels 5 Orioles 5 — Vladimir Guerrero hit a pair of homers and drove in five, helping Los Angeles to a victory over Baltimore in the finale of a four-game set.

Maicer Izturis and Kendry Morales also homered for the Angels, who won the final three games of this series — including a 17-8 win on Sunday, in which LA scored nine runs in the 13th inning.

Ervin Santana (6-6) took the win for the third consecutive start after limiting the Orioles to three runs over six innings. He allowed seven hits, walked one and struck out five, as the Angels won for the sixth time in the last seven games.

Giants 10 Mets 1 — Aaron Rowand went 4-for-5 with a solo home run, two RBI and two runs scored to help San Francisco earn a split of a four-game series against New York.

Randy Winn had three hits and scored twice, while Nate Schierholtz smacked a two-run double for the Giants, who moved to one game back of Colorado in the NL Wild Card chase.

Elsewhere it was: Chicago White Sox 8 Kansas City 7; Texas 8 Minnesota 5; Pittsburgh 9 Milwaukee 5; Atlanta 9 Arizona 4; Oakland 3 New York Yankees 0; San Diego 4 Chicago Cubs 1.

METRO NEWS SERVICES

DANNY MOLOSHOK/REUTERS

Chris Carpenter of the St. Louis Cardinals throws to the Los Angeles Dodgers last night at Dodger Stadium. St. Louis won 3-2.

Jamaica scores another gold in 100 metres

TRACK Jamaica's sprinting dominance continued in sizzling style yesterday when Olympic champion Shelly-Ann Fraser clocked 10.73 seconds to win the women's world 100 metres, 24 hours after Usain Bolt's 9.58 in the men's event.

Fraser was the fastest of the semifinalists and exploded from the blocks in the final to win in 10.73 seconds.

Kerron Stewart made a late surge, but finished two hundredths adrift and had to settle for silver, as she had in Beijing.

Only Florence Griffith-Joyner and Marion Jones have run faster than Fraser but she said she had expected something special.

"I made the perfect start and executed well," she said. "I left all the world behind me down there on the track."

America's Carmelita Jeter prevented a repeat of Jamaica's Olympic clean sweep as she took bronze in 10.90, edging defending champion Veronica Campbell-Brown into fourth.

REUTERS

"I left all the world behind me down there on the track."
Shelly-Ann Fraser

Sports in brief

BASEBALL The Washington Nationals beat yesterday's deadline by coming to an agreement with pitcher Stephen Strasburg, the top pick in this year's MLB draft. While terms were not disclosed, multiple reports have it as a four-year deal worth more than $15 million — much more than the previous record of $10.5 million that pitcher Mark Prior received from the Cubs in 2001.

NBA The Toronto Raptors have reportedly reached a deal to send forward Carlos Delfino to the Milwaukee Bucks in exchange for forward Amir Johnson yesterday. ESPN.com is reporting that the deal will also include guard Roko Ukic heading to Milwaukee with the Bucks sending guard Sonny Weems to the Raptors.

BASEBALL The Boston Red Sox released John Smoltz yesterday, formally ending his stint with the club. The Boston Herald reported the Red Sox were forced to release Smoltz after failing to trade the veteran pitcher.

NFL The New Orleans Saints have waived cornerback Jason David. David, an Edmonton native, spent the past two seasons with New Orleans after playing his first three years with Indianapolis.

NFL Brett Favre could still be a Viking by the end of August, FoxSports.com reports. "I'm telling you it's already done," one Viking was quoted as saying in the story. "I don't think anyone here doesn't think that."

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RGC CENTRE FOR THE ADVANCEMENT OF BEST PRACTICES

Prospal joins Rangers
The New York Rangers signed free-agent Vaclav Prospal yesterday. Terms of the deal were not announced. Prospal, 34, had 19 goals and 26 assists with Tampa Bay last season. The Lightning bought out the last three years of Prospal's four-year contract earlier this summer. METRO NEWS SERVICES

Yang win shows depth of golf talent

PGA Y.E. Yang's landmark victory at the PGA Championship, where he deprived Tiger Woods of a widely expected 15th major title, highlighted the modern game's remarkable strength in player depth.

The 37-year-old South Korean became the first Asian male to win one of golf's four grand slam events, and he did so after going into last week ranked a lowly 110th in the world.

Yang's stunning breakthrough at a blustery Hazeltine National on Sunday capped an unusual season for the majors with none of the game's big guns going on to triumph.

Argentina's Angel Cabrera clinched the Masters in April ranked 69th, Lucas Glover landed the U.S. Open at Bethpage Black when No. 71, while fellow American Stewart Cink (33rd) lifted the Claret Jug at last month's British Open.

It was the first time since official rankings were launched in 1986 that players outside the top 30 had won four consecutive major titles. REUTERS

Some teams offering 2010 tickets earlier

Extended, interest-free payment plans to fight recession

More Major League Baseball teams are sending out season-ticket renewal offers earlier in the season to lock fans in early for next year and keep the cash flowing as the recession prompts people to save money.

The earlier offers are keeping some supporters like Steve Wilkinson — an 11-year season-ticket holder with the Arizona Diamondbacks — happy even as the recession batters spending.

"You can spread your payments out, no interest," the 54-year-old Phoenix contractor said of Arizona's shift last year to sending renewals in early August from December in 2007. "They make it easy on you to stay in there."

At least a third of the U.S. sports league's 30 teams will send out their 2010 renewal invoices in August or September — before this season ends, an increase from last year. Teams have every reason to lock in sales for next year as 2009 attendance was off about five per cent through Aug. 3.

"For all sports teams, the renewal is probably the most important thing that you're going to do every year."
Lou DePaoli, Pittsburgh Pirates

Also increasing pressure on teams is the lower perceived value of tickets. The average resale price of baseball tickets is off about $10 from last year, according to StubHub, the giant online ticket marketplace owned by eBay Inc.

"Without question, the majority of sports have seen a reduction in resale price," StubHub spokesman Sean Pate said. "We've experienced price drops across the board from years past of roughly 15 per cent."

Baseball officials said offering earlier renewals gives fans more time to pay for tickets costing anywhere from $5 or less up to thousands of dollars per game, and starts the process while baseball is still on their minds. It also makes it easier for clubs to plan budgets and ticketing strategies.

"For all sports teams, the renewal is probably the most important thing that you're going to do every year," said Lou DePaoli, an executive vice president and chief marketing officer with the Pittsburgh Pirates, which plans to send out its offers a month earlier this year, in early September.

"We would have done it anyway, but now's the time where maybe the impact would be even greater given the softness in the economy," he added. REUTERS

JIM MCISAAC/GETTY IMAGES

Ahmad Bradshaw of the New York Giants runs the ball against the Carolina Panthers during the preseason NFL game last night at Giants Stadium in New York. The Giants won 24-17.

Giants down Panthers

NFL Tommie Hill was the recipient of another devastating Giants pass rush, cradling a Hunter Cantwell fumble and taking it 18 yards for a touchdown as time expired, lifting New York to a 24-17 win over Carolina in the preseason opener for both teams.

The Giants, fresh off an NFC East-best 12-4 campaign that ended in disappointment with a loss to the Eagles in a windswept NFC Divisional Playoff game, got a good look at Derrick Ward's replacement as the counterpunch to running back Brandon Jacobs.

Ahmad Bradshaw ran for 35 yards and the game's first score — a 19-yard sprint that included a few broken tackles. Eli Manning finished 2-for-3 for 31 yards, while backup David Carr went 6-for-10 for 74 yards and a 36-yard TD toss to Danny Ware in the second quarter, giving the Giants a 14-2 edge.

Dolphins 12 Jaguars 9

Chad Henne's 33-yard touchdown throw to Ernest Wilford in the third quarter was the difference, as the Miami Dolphins topped the Jacksonville Jaguars, 12-9, in both teams' preseason opener.

Henne's throw was the only touchdown of the game, as the teams filled the scoreboard with field goals.

METRO NEWS SERVICES

ADVERTISING FEATURE

Legendary pucksman puts opponents on ice

Hockey legend Zam Bow-knee had his opponents skating on thin ice during a recent visit to PlayNow.com, according to Pacific Hold'em expert Cynthia. "There's a reason he's a Hall of Famer," said Cynthia. "He always comes up big when the chips are down, and the pressure never seems to get to him. I think it's because he's used to playing to a 'full house'."

Disclaimer: All names are the products of the author's imagination. Any resemblance to actual persons, living or dead, is entirely coincidental.

Pacific Hold'em Poker is the Texas Hold'em themed lottery game that you can now play online!

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

iPhone dating apps?

Forget iFart, give us some mobile advice we could really use

The J Spot
Josey Vogels
metronews.ca/thejspot

STOCK PHOTO

Wouldn't it be great if there were an iPhone app that allowed you to punch in the pros and cons for why you should or shouldn't sleep with someone, referencing your past as well as "what if" scenarios?

In a stellar example of how technology is furthering civilization as we know it, iFart — an application that allows you to play a variety of realistic sounding "farts" on your iPhone or iPod has become one of Apple's top 20 selling mobile applications. iBeer, an application that makes it look like you're drinking a beer out of your phone is also in the top 20.

Now, in another civilization-advancing moment, Apple has released Passion, an iPhone application that allows you to measure how good you are in bed. The software gives ratings from "bad" to "perfect" based on three criteria — duration, measured by the phone's timer; orgasm, measured via microphone; and activity, measured via motion sensor. Afterwards, you can upload your score from one to 10 and see how you measure up.

I realize Passion is meant as a novelty (at $5 a pop, I'm sure its creator Chris Alvares is laughing all the way to the bank) that will undoubtedly spawn lots of fake-orgasm contests, possibly over too many rounds of iBeer, so I won't get all serious about how this app perpetuates ideas about what good sex is — louder, longer, more acrobatic … really? — or that good sex is all about "scoring" but surely Apple could come up with something more useful. Here are some iPhone apps I'd like to see:

AMiREADY? Allows you to punch in pros and cons for why you should or should not sleep with someone and cross references this with reasons you've regretted sleeping with someone in the past as well as "what if" scenarios if you do sleep with the person to come up with a "yes" or "no" answer.

iNTHEMOOD Several apps let you customize your music but this one allows you to plug in the circumstances of your sexual encounter — first time, quickie, longie, etc. — and programs music accordingly, based on your taste.

iDATEESCAPE A preprogrammed phone call or text comes in when a certain pre-determined phrase is uttered during a date that isn't going well.

iDATECORRECT Based on professional dating advice and your own dating history, this app causes your phone to vibrate (you'll want to keep it in a pocket so your date isn't suspect) any time you screw up. Prerehearsed recoveries can then be employed in an attempt to salvage the date.

• Saudi TV says no to sex. Read more at Josey Sexcetera blog at metronews.ca/blog

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Clean up your makeup

BEAUTY Ever thought about the bacteria that lives on your makeup?

"Good cosmetics hygiene can help prevent build-up of common bacteria that can lead to skin irritation, pink eye and even acne," says pro artist Nancy Crossley. Crossley is the woman behind BeautySoClean, a collection of makeup sanitizers clinically proven to kill germs 100 per cent dead in as little as 10 seconds.

The star of the group is a Cosmetic Sanitizer Mist ($12) to spritz directly onto the surface of makeup, whether powder or cream. It disinfects as it dries, but doesn't affect the product's texture.

Individually packaged, pre-moistened Sanitizer Wipes ($12.50 per box of 48) are ideal for cleaning lipsticks, liners, lipgloss wands and mascara brushes. A Conditioning Brush Cleanser ($20) refreshes natural and synthetic bristles for more hygenic makeup application.

The line is available for purchase at The Bay, Murale and at BeautySoClean.com.

JANINE FALCON/ FOR METRO CANADA

Left: Keep cosmetics bacteria-free with the BeautySoClean line of santizers ($12.50 to $20).

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Garlic is good for your heart: Study

NUTRITION Stinky garlic might not be good for your love life but it's great for your heart.

"When it starts to smell, it's working," says cardiologist Dipak Das of the University of Connecticut School of Medicine.

He headed a research team that investigated the beneficial health effects of crushed or chopped fresh garlic.

In an article in the Aug. 12 issue of the Journal of Agricultural and Food Chemistry, Das reported that feeding chopped fresh garlic to rats improved their recovery from simulated heart attacks over a group that received processed garlic.

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Kruger sporting bling ring

Diane Kruger has sparked rumours she's set to walk down the aisle with boyfriend Joshua Jackson after she was spotted with a diamond band on her ring finger. The German beauty has been dating Jackson since 2006. FEMALEFIRST.CO.UK

Entertainment

Birthday bash

Rumer Willis celebrated her 21st birthday over the weekend in high style in Las Vegas with mom Demi Moore, dad Bruce Willis and stepfather Ashton Kutcher along for the ride. METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Tyson

Director: James Toback

WITH TYSON, JAMES Toback fashions a sharp documentary out of a blunt object. Mike Tyson was the self-styled "Baddest Man on the Planet" during his heyday of the late 1980s through the 1990s, holding or contesting the heavyweight boxing crown through physical prowess and intimidation. During a grudge match in 1997, he chewed off part of the ear of rival Evander Holyfield.

The law caught up with him: Tyson spent three years in jail in the early 1990s on a rape conviction. But there are always tales and tears behind the headlines, and Toback's doc spins them like a carny huckster. Big, bad Mike, the man with fists of iron and a giant flame tattoo on his face, is deep down a misunderstood softie.

Like a man in a 12-step program the ex-champ confesses his sins in straight-to-camera testimonials. Toback lets his subject speak at length, interspersed with archival and split-screen boxing footage. It's fascinating to hear Tyson speak. No one pretends that the documentary is an objective appraisal — there are almost no commentators besides Tyson himself.

The Last House on the Left

Director: Dennis Iliadis

WES CRAVEN"S ORIGINAL 1972 rural home invasion shocker was filmed on the cheap for drive-ins. It had zero pretensions to art with its extreme depictions of rape, murder and revenge, despite being adapted from Ingmar Bergman's classic payback thriller, The Virgin Spring.

This one's a remake, and a lot of things have changed in the intervening 37 years, most not for the better. Craven and Cunningham produce, leaving hired gun Dennis Iliadis to direct the film largely from their original bloodstained blueprint. This time, Craven can't profess innocence or youthful folly: He's cashing in on the torture-porn fad (the Saw and Hostel franchises) that delights in human degradation.

Everything vile and nasty about Last House has been ramped up, and it was wretched to begin with. The acting isn't much better than before and the camera still jumps as if attached to a deranged chimp.

Extras include deleted scenes and a featurette. The unrated version, included, is four minutes longer.

Peter Howell/for Metro Canada

30 years of fashion

Times have changed for women and fashion has followed suit over the years

FlareFashion

Lisa Tant

metronews.ca/flarefashion

"Confidence has shaped fashion trends to where we pick what suits us."

An issue of FLARE from April 1988.

From bold padded shoulders to Technicolor eye shadow, the looks from September 1979 may not, at a glance, look much different from this fall's major trends.

After all, what goes around comes around especially in fashion, right?

Not exactly.

As the Editor-in-Chief of FLARE, I've spent hours over the past year going through our archive, planning our 30th anniversary celebration this year.

My team and I have had a lot of laughs as we see how much fashion has evolved — but seriously, also how women have evolved as reflected by their wardrobes.

Yes, prominent shoulders are a big trend this year but back in the '80s, they were massive — as in linebacker proportion sized with padding in every layer of an outfit including a camisole, blouse and jacket.

The look mirrored women's newfound power in the workforce — Melanie Griffith in the '80s blockbuster film Working Girl is a perfect example.

Everything in the outfit was magnified — door knocker earrings complemented the broad shoulders, pussy-cat bow blouse and ankle-sweeping skirt or culottes.

And the beauty routine matched with pouffy hair, multi-hued eyeshadow, thick brushed-up eyebrows and dark lipstick.

The clothes were so big that women looked large as well and the makeup (with a loud fragrance) distracted attention away from its wearer.

Not exactly the '80s revival that designers have imagined for Fall '09.

This season, prominent shoulders are an important factor in high fashion — but just a factor.

Today, women don't have to prove that they belong in the workforce and use their image and outfit as protection.

Confidence has shaped fashion trends to where we pick what suits us versus back in the early '80s when designers dictated exactly what was fashionable and few dared to go against the grain.

When I flip through our earliest issues, I find that the young women and models we featured look overly mature to my eyes.

A square-cut short hair style, heavy eye makeup and an overly accessorized outfit made our 25-year-old fashion editor, back in 1979, look more like an ultra-conservative fortysomething today.

FLARE's September 1983 issue.

FLARE's September 2009 issue.

The strongest trend in 2009 is the freedom of choice that we've won with 30 years of evolving confidence.

So whether you choose to wear a military jacket with prominent shoulders and a pair of acid washed tight jeans, or a matching skirt suit with peep-toe booties — the choice is yours.

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Grant giving up?
Blaming recurring bouts of stage fright, Hugh Grant is threatening to retire from acting, a claim he's made in the past. "I like everything about filming except the acting," Grant tells Entertainment Weekly. METRO WORLD NEWS

Bosnians applaud German film on war crimes

TRIALS Around 3,000 Bosnians sat in silence through a screening of Storm, an English-language thriller about the trial of a fictional Serb war criminal which they said exposed some of the pitfalls of international justice.

Storm features New Zealand's Kerry Fox as a determined prosecutor at the International Criminal Tribunal for the former Yugoslavia (ICTY) in The Hague who struggles against Serb nationalists, Brussels bureaucrats and the pressures of time.

Her case is in danger of collapsing when the court rejects a new witness to rapes allegedly committed by the suspect, bowing to pressure from officials in Brussels who are lobbied by Serb nationalists.

"To me, as a Bosnian, it was extremely important to see the way the tribunal functions," said Eldina Jasarevic, a university teacher, after the weekend screening.

"The film gave me an insight into the behind-the-scene games and made me understand for the first time how the court bargains. It shattered many illusions I had about justice."

German director Hans-Christian Schmid said the film was fictional, but included elements of cases he had studied.

He admitted he was nervous presenting the movie at the Sarajevo Film Festival, where most in the audience had lived through the 1992-95 war at the center of the plot.

Reaction was generally positive in Muslim-dominated Sarajevo, badly shelled during the Bosnian Serb siege leaving its inhabitants short of food, electricity and water.

"I was very nervous presenting the film here,"Schmid told Reuters in an interview.

"You know that people who are going to see the film have lived through experiences, that they know more than you know."

Nidzara Ahmetasevic, editor of the Justice Report covering war crimes trials in The Hague and Bosnia for the Balkan Investigative Network (BIRN) media organization, said the movie underlined how politics could derail justice.

REUTERS

Politician turned dancer?

Former U.S. House Majority Leader Tom DeLay will be among the cast of 16 celebrities in this season's Dancing with the Stars reality television show, the network behind the program said on Monday.

DeLay, a Republican who earned the nickname "The Hammer" for keeping lawmakers in line, served as House Majority Leader from 2003 to 2005.

He is not the first former politician cast in the show, as TV personality and former mayor of Cincinnati Jerry Springer appeared on a past season of Dancing.

The other celebrities joining Dancing this season include singer Donny Osmond, supermodel Kathy Ireland, football star Michael Irvin, singer Macy Gray and reality TV star Kelly Osbourne, the daughter of heavy metal icon Ozzy Osbourne.

DeLay resigned from Congress in 2006 after he was charged in his native Texas with trying to violate campaign-finance laws, but the case has not been brought to trial.

He now runs a political consulting firm.

ABC network's Dancing with the Stars, a program in which celebrities are paired with professional dancers to compete in the ballroom, is the second most watched U.S. TV show after American Idol on Fox.

The show's ninth season with the new celebrity cast begins on Sept. 21. Olympic gold medal gymnast Shawn Johnson was crowned the show's champion during its most recent season.

REUTERS

GETTY IMAGES
Former U.S. House Majority Leader Tom DeLay will be among the cast of celebrities in this season's Dancing with the Stars.

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Pimp's story headed to big screen

ADAPTATION Robert (Iceberg Slim) Beck's 1969 autobiography, Pimp: The Story of My Life, is on its way to the big screen.

Rob Weiss, an executive producer of HBO's Entourage, along with producers Mitch Davis, Ryan Drexler and Andrew Left have acquired film rights to the best-seller.

Born into poverty, Beck became a pimp at 18 and rose to kingpin status in the Chicago underworld. He served several stints in prison, making one escape. After retiring from the business he became an insecticide salesman in Los Angeles. During a call to a college professor, Beck mentioned that he had been a pimp, and the professor encouraged him to write an autobiography. Three months later, Beck had penned Pimp. The book has sold more than five million copies and is the second-best-selling book by a black man, after Alex Haley's Roots.

"The story is really the birth of the American inner city, and it's an incredible tale of overcoming oppression," said Weiss. "It speaks of a very specific time in America and its street culture. The book is filled with broken souls but shows how, in the end, Iceberg found a way to heal himself."

"The story is really the birth of the American inner city."
Rob Weiss, executive producer

The quartet is looking for actors, writers and a director before bringing the project to a studio.

Over the years, many parties have tried to get a movie adaptation of the book under way, without much luck. One iteration was set up at Fine Line as a starring vehicle for Ice Cube with Bill Duke directing. Pras of the Fugees was trying to mount a film version as recently as 2004.

One stumbling block has been an ongoing lawsuit between the author's estate and the publisher (Beck died in 1992). With the suit recently settled, Weiss and Davis partnered with investors Drexler and Left.

REUTERS

Beatles Week hits the BBC

HONOUR The BBC will air a documentary next month featuring unheard outtakes of conversation between the members of the Beatles at London's Abbey Road recording studios.

Beatles Week, to be aired on BBC2 and BBC4 from Sept. 5, coincides with the Sept. 9 release of the digitally remastered original Beatles catalogue and The Beatles: Rock Band video game, the band's first big leap into the world of digital music.

"This is a chance for viewers to enjoy some rare footage and fascinating insights into the career of the greatest pop group of all time," said George Entwistle of the BBC.

The week will open with The Beatles On Record, a history of the band in the studio featuring more than 60 songs, rare footage and photographs from the group's archives and never-before-heard fragments of chat.

It will be followed by the first TV airing of The Beatles: The First U.S. Visit, the Maysles brothers' film charting the Fab Four's arrival in the United States in 1964 when Beatlemania first ignited there. REUTERS

Jackson to be buried in L.A. cemetery

REPORTS Michael Jackson's father has said the King of Pop will be buried at a Los Angeles cemetery on Aug. 29, which would have been his 51st birthday, a newspaper reported Monday. Joe Jackson told the New York Daily News that the plan was finalized in recent days.

Media reports last week said Jackson, who died June 25 of cardiac arrest, was buried in a private ceremony in early August. But those reports were based on unnamed sources and never confirmed by Jackson family representatives.

A Jackson family spokesman was not immediately available Monday to comment on the Daily News story, nor was a spokesman at Los Angeles' Forest Lawn cemetery, where Joe Jackson said his son would be buried.

A public memorial for the singer was held in July, but there was never an official confirmation that the singer was buried after the event. The reason behind Jackson's cardiac arrest remains a mystery.

REUTERS

Cashing in on Marilyn

An American widow is selling her husband's burial spot directly above film legend Marilyn Monroe so that she can pay off her mortgage. Elsie Poncher has put an advertisement on eBay to auction off the tomb in Westwood Village Memorial Park, Los Angeles. REUTERS

Dave Franco joins cast of Scrubs

CASTING Dave Franco (Superbad) has joined ABC's comedy Scrubs as a regular. On Scrubs, which is shifting its setting to a medical school next season, Franco will play a student named Cole. REUTERS

Office Manager/Sales Support

Metro Vancouver is seeking an Office Manager/Sales coordinator to carry out a range of administrative and operational tasks related to the daily operations of the business. Metro offers a full benefits package and a dynamic work environment.

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Project Runway heads for L.A.

Reality fashion show Project Runway returns to television this Thursday after 10-month hiatus, hoping to "make it work" on a new channel and in a new city, Los Angeles, that is ripe with red carpet opportunities.

STEPHEN LOVEKIN/GETTY IMAGES FOR IMG

From left, Tim Gunn, Heidi Klum and Michael Kors attend the Project Runway Finalists Fashion Show Spring 2009 on Sept. 12, 2008 in New York City.

Delayed for months by a dispute between rival networks, the sixth season of the popular fashion design contest comes back with a three-hour time slot on Lifetime Television Aug. 20, along with a companion series about runway models and an all-star challenge with eight favorite designers of the past.

Host and model Heidi Klum, designer Michael Kors, fashion editor Nina Garcia and urbane mentor Tim Gunn with his catchphrase "make it work" are all back to guide 16 fledgling designers in a competition to launch their own fashion line.

The biggest change will be the switch from New York to Los Angeles — home of the biggest celebrity red carpets in the world.

"Los Angeles is a big part of fashion now because of celebrity, film, television and red carpet fashion. So it gave us a chance to do all sorts of new challenges," said Jane Cha, one of Project Runway's executive producers.

Filming on the sixth season wrapped up in February, with four finalists sending their collections anonymously down the runway at New York Fashion. The identity of the four finalists has been kept a closely-guarded secret.

But after becoming one of the most-watched reality programs on cable TV with some four million loyal viewers, the show was left in limbo after producers, The Weinstein Co, decided to jump from NBC Universal's Bravo channel to rival Lifetime.

The legal battle was settled in April after The Weinstein Co. agreed to pay NBC for the right to move to Lifetime.

Bravo meanwhile made a similar version of Project Runway on its own, called The Fashion Show, with designer Isaac Mizrahi, which got a lukewarm reception from fans and critics.

The secret of Project Runway's success comes from its focus on the design process and the expertise and chemistry of Klum, Gunn, Garcia and Kors who are like "magic in a bottle when you put them together," said producer Sara Rea.

"The challenges are designed to stretch the designers, not to trip them up and embarrass them," said Rea's business partner Jon Murray.

Project Runway's new sister series Models of the Runway shows viewers the lives of the models who wear the designers' creations each week. The women also get career advice from Klum, who made her name as a top Victoria's Secret model.

The Weinstein Company's Barbara Schneeweiss said Project Runway was originally devised as a show about fashion models before the concept was rejigged to focus on the creative process of design.

"But we always knew there was a story to be told behind the scenes about the models, and we decided to put them back together," she said. REUTERS

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/18/09	251	308	3 CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Inside Hollywood (N) (CC)		X-Weighted (N) (CC)		Ruby (N)	Ruby (N)	News
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Canada (N) (CC)				Flashpoint "Eagle Two"		News
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Toxic" (CC)		(:01) Big Brother 11 (N) (CC)		The Unit (CC)		News
	256	389	12 VI	The Road to Avonlea		America's Got Talent (CC)		America's Got Talent Ten acts from the top 40 perform.				A News (N)
	253	359	13 CITY	Hell's Kitchen (N) (CC)		Be a Millionaire		More to Love (N) (CC)		Make Me a Supermodel		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Okaeri, Donna!" (CC)		90210 (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Toxic" (CC)		(:01) Big Brother 11 (N) (CC)		Medium "The Devil Inside"		KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent Ten acts from the top 40 perform.				KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	Designer	Style by Jury	Style by Jury	Style by Jury	My Silent Partner (2006) Joanna Going.		
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	Be a Millionaire		Shaq Vs. (Series Premiere) (N)		(:01) Primetime: The Outsiders		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Medallion ★★ (2003, Action) Jackie Chan, Lee Evans.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Conver-KCTS	Nova (CC) (DVS)		Nova scienceNOW (N)		P.O.V. (N) (CC)		The Short List
	290	382	28 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (N) (CC)		More to Love (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	45 PBS	Denver-Wildlife Concert		Magic Moments: The Best of 50's Pop (CC)				Motown -- The Definitive Performances		
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	90210 "Okaeri, Donna!" (CC)		90210 (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	MLB Baseball Chicago Cubs at San Diego Padres. From PETCO Park in San Diego. (CC)						WGN News	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Bring Wall St
	199	311	76 STR	News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	My Big Fat Diet (CC)		CBC News: The National (N)		CBC News: The National		My Big Fat Diet (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	UEFA Champions League Soccer Celtic FC vs. Arsenal FC. (Taped)					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	ATP Tennis: W&S Financial Group Masters				SportsCentre
	411	457	49 OLN	Ghost Hunters "Salem Witch"		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters "Salem Witch"		Bounty Hunter
	410	403	54 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	55 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!
	416	409	104 GLF	Toronto-Today	MLS Weekly	Toronto-Today	Gol TV News	Off the Pitch	Toronto-Today	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Ultimate Factories (CC)		Private Life of a Masterpiece		Why Thee Wed? Marriages.		Vendetta
	575	583	20 CMT	Hope & Faith	Hope & Faith	Dallas Cheerleaders		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	MuchNews	Video on Trial	One Tree Hill (CC)		Greek "Spring Broke" (CC)		MuchNews	Video on Trial	Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	31 A&E	The Cleaner (N) (CC)		The Cleaner (CC)		The First 48 (CC)		The First 48 Past cases.		The Cleaner
	628	584	32 SPKE	UFC Unleashed		MANswers	MANswers	CSI: Crime Scene Invstgtn.		UFC Unleashed		Disorderly
	521	560	34 TLC	Masters of Reception (N)		18 Kids-Count	18 Kids-Count	Masters of Reception (CC)		Jon & Kate	Jon & Kate	Cake Boss
	616	522	53 SHO	The Outer Limits "The Gun"		Painkiller Jane (CC)		XIII (2009) (Part 2 of 2) Val Kilmer, Stephen Dorff. (CC)				House "Pilot"
	620	523	40 BVO	Bravonews	Africa	Law & Order (CC)		Without a Trace (CC)		Top Banana ★★ (1954) Phil Silvers. (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	42 DIS	After the Catch (N)		Daily Planet (CC)		Against the Elements (CC)		After the Catch		How It's Made
	522	506	44 HIS	NCIS "Identity Crisis" (CC)		Lost Worlds "The Pagans"		Zero Hour (CC)		NCIS "Identity Crisis" (CC)		Turning Points
	627	528	45 SPC	Ghost Hunters (CC)		Stargate SG-1 "Ethon"		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	57 TBS	The Office	The Office	House-Payne	House-Payne	Sex and-City	Sex and-City	Forces of Nature ★★ (1999) Sandra Bullock.		
	619	525	48 TROP	Power Play "The Cubicle"		Tube Tales	Tube Tales	Deal or No Deal Canada		King	King	King
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box	Awesome	Daily Show
	320	621	60 CEN	(6:25) Numb (2007) (CC)		Deep Winter (2008) Eric Lively. Premiere. (CC)		(:45) Wanted ★★★ (2008, Action) James McAvoy. (CC)				
	581	566	101 MTV	Daddy's Girls	Jazmin	MTV Live	After	Super Sweet	Topshop NYC	Daddy's Girls	Jazmin	MTV Live
	261	394	102 V	5 Seekers	Search	Poltergeist: The Legacy		The Gospel Road ★★ (1973) Robert Elfstrom. (CC)				Paid Program
	-	-	106 MUL	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

NCIS

Abby (Pauley Perrette) is asked to take over for a government scientist who has gone missing and carry on his work, but Gibbs (Mark Harmon) and the team fear that she will meet the same fate as her predecessor in "Toxic." Michael Weatherly, David McCallum and Sean Murray also star. 8 PM on CBS, GTV

Shaq Vs.

Shaquille O'Neal has few rivals in the basketball world, but how would he fare against other top athletes on their own turf? That's the premise of this high-spirited new reality series, which finds the Cleveland Cavaliers star challenging stars in other sports, swimming against Olympic gold medalist Michael Phelps, playing volleyball opposite Kerri Walsh and Misty May-Treanor, and in the opener, trying his gridiron skills against Pittsburgh's Ben Roethlisberger. 9 PM on ABC

In brief

TELEVISION Midnight, Mass. is headed to television. NBC has picked up a live-action drama adaptation of the comic-book series from DC Comics' Vertigo imprint. John Rozum's Midnight, Mass. revolves around Adam and Julia Kadmons, a sexy, globe-trotting husband-and-wife team who solve mysteries and crimes of the supernatural. Midnight has been among the most heavily pursued of DC Comics' properties for a TV series adaptation by WBTV. Over the years, almost a dozen producers had taken a stab at the comic, but this is the first time such a project has been set up at a network.

FILM The Wayans brothers and Sony Pictures are developing a sequel to the 2004 comedy White Chicks, in which Marlon and Shawn Wayans will reprise their roles as sibling FBI agents posing as a pair of white women. REUTERS

Kenya's Style

Kenya Hunt

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For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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metro

Fake smoke too much for Mark

Mark Wahlberg was rushed to hospital on Friday after inhaling fake smoke. He was taken to Massachusetts General Hospital after breathing in too much of the substance on the set of his new movie The Fighter. FEMALEFIRST.CO.UK

Celebrity Buzz

Rob and Kristen get cozy in Vancouver

FINALLY The cast and crew of Eclipse took over Vancouver sushi restaurant Miku over the weekend to celebrate filming of the third Twilight installment — and all eyes were on co-stars Robert Pattinson and Kristen Stewart, us-magazine.com reports.

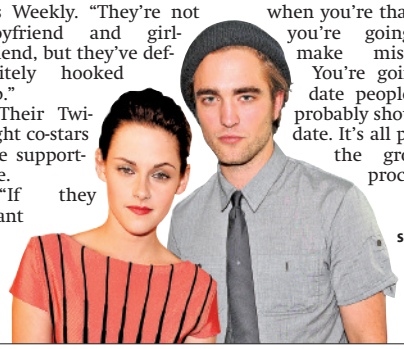
The two were very close during dinner, taking smoke breaks together and even leaving together. On Saturday, they snuggled at a Kings of Leon concert — when they weren't laughing and smoking cigarettes.

"They've decided to be more public about going out now," an insider told Us Weekly. "They're not boyfriend and girlfriend, but they've definitely hooked up."

Their Twilight co-stars are supportive.

"If they want to date each other, fine!" Billy Burke, who plays Stewart's dad, told Us. "Look, when you're that age, you're going to make mistakes. You're going to date people you probably shouldn't date. It's all part of the growing process."

METRO NEWS SERVICES



Ashlee and Perez tweet it out

ONLINE DUST-UP Ashlee Simpson has lashed out at celebrity gossip blogger Perez Hilton via Twitter, popeater.com reports.

Hilton ran a story about the singer and her husband, Fall Out Boy bassist Pete Wentz, claiming that Simpson's drunken partying caused a loud spat between the two at an anniversary celebration for Wentz's bar, Angels & Kings.

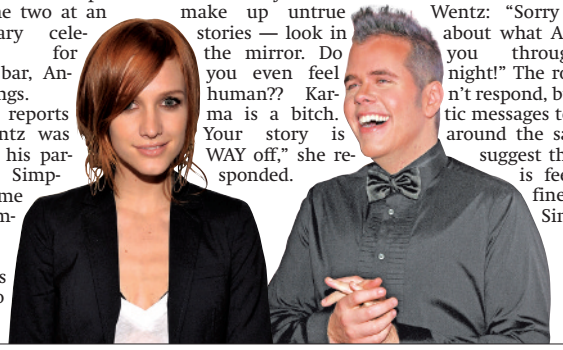
Hilton reports that Wentz was enjoying his party when Simpson "came up completely wasted and yells at him to leave. They fought, she told him he was horrible in front of a whole group of people and made him leave his own party early. So they make a scene and leave the bar."

Now Simpson has used Twitter to scold Hilton for his damaging gossip. "When all you do is make up untrue stories — look in the mirror. Do you even feel human?? Karma is a bitch. Your story is WAY off," she responded.

Naturally, Hilton responded right away, tweeting: "There are a lot of good rehab facilities in Malibu!" He added, "I don't wanna name names and get people fired but several of the people I spoke with work at Angels & Kings. I'm not wrong."

He also tweeted to Wentz: "Sorry to hear about what Ashlee put you through last night!" The rocker didn't respond, but romantic messages to his wife around the same time suggest that Wentz is feeling just fine about Simpson.

METRO NEWS SERVICES



Vanessa can't wait to go R-rated

GROWING UP Vanessa Hudgens is keen to shed her Disney star image, so she can land adult roles in "R-rated films," femalefirst.co.uk reports. The actress found fame as the star of the teen-favourite High School Musical series, but her image has been tarnished by a series of nude photo leaks.

Hudgens hints the scandals won't damage her long-term career plans because she's ready to move on from being a child star. The 20-year-old told Star magazine: "The fact that kids look up to me is extremely flattering.

"But at the end of the day, I want to do R-rated films that are a little edgier."

The actress is currently embroiled in a second nude-picture scandal and was left red-faced last weekend when comedian Dane Cook told her to leave her clothes on at the Teen Choice Awards.

Cook, who was presenting the Female Hottie Award, searched for Hudgens in the audience before saying: "Vanessa Hudgens! Girl, you got to keep your clothes on!"

METRO NEWS SERVICES

Amy wants me back: Blake

HIS TAKE Divorce or no divorce, Blake Fielder-Civil says his estranged wife Amy Winehouse is apparently dying to rekindle their relationship, he tells the News of the World.

"We've been talking for the first time in months," he said. "I love her as much as ever. I know she still loves me, even though we're getting divorced."

Fielder-Civil even insists they could give marriage another go. "I want to take her out for dinner and propose again. I hope that within five minutes we'll be planning where we're next going to get married."

METRO WORLD NEWS

Jessica to join American Idol judging panel?

CAREER MOVE While gossip fans have been keeping track of her recent split from Tony Romo and her growing and shrinking waistline, Jessica Simpson's father and manager, Joe Simpson, has been eyeing a new gig for his daughter.

Sources tell Page Six that Joe has been aggressively lobbying the producers of American Idol to hire Jessica as the permanent replacement for Paula Abdul. There's been no word on what they think of the idea.

METRO WORLD NEWS

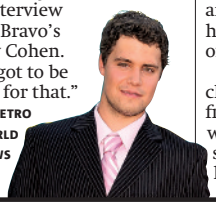
GETTY IMAGES

I'll pose nude... for a price: Levi

MONEY-MAKER Levi Johnston, who fathered a child with Sarah Palin's teenage daughter, says he would be willing to pose nude — for the right price.

"It depends on the money, man," Johnston said in an interview with Bravo's Andy Cohen. "It's got to be right for that."

METRO WORLD NEWS



Fat double-standard, Kirstie says

SHE'S MAD Kirstie Alley is fuming about a tabloid report that suggests she's so overweight she has just four years to live, femalefirst.co.uk reports.

The National Enquirer alleged the 58-year-old's binge eating and yo-yo dieting had "shaved years off her life span."

The report includes a quote from a doctor who claims she "may only live to 62."

The article has infuriated Alley, who took to the Internet to ask why overweight male stars aren't subjected to the same press intrusion.

Alley tweeted: "I wonder if Kevin James, John Goodman, Alec Baldwin, James Gandolfini, K-Fed, Bill Shatner, etc are dying in four years or only FAT actresses."

METRO NEWS SERVICES

Eva jumps into resto expansion

ENTREPRENEUR Eva Longoria Parker is poised to take off, people.com reports. The actress is opening the Las Vegas location of her restaurant Beso on New Year's Eve 2010 and has plans for airport locations.

She says the venue is still under construction, but the design and menu — including flatbread, tortilla soup and guacamole — will be similar to Hollywood's Beso.

She said she'll launch "Besitos, which are little besos," in airports, with limited menus.

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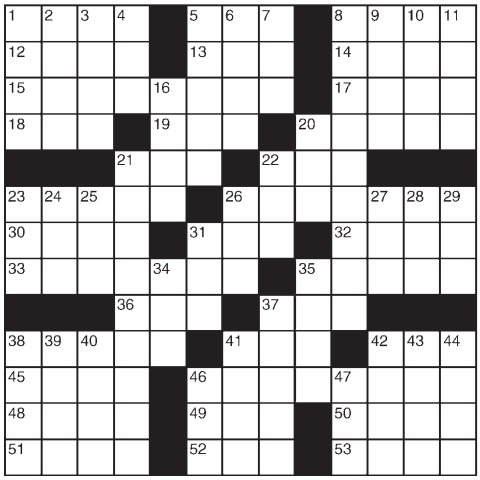
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	8	9				3		
			2	4				1
6					9			5
		4	6		5		9	
	9			1			2	
	6		4		3	7		
4			7					9
7				6	2			
		6				8	7	

ACROSS

1 Apply your John Hancock
5 Pharm. watchdog
8 Cold War-era map abbr.
12 Verifiable
13 Actor Voight
14 Contendere preceder
15 Gran Torino star
17 Prepares Easter eggs
18 Potent stick
19 Mess up
20 Abacus components
21 Father
22 Peacenik's worry
23 Access a chat room
26 Allergy inducer
30 First victim
31 Behar of The View
32 It takes the cake
33 Gave way
35 Eucalyptus eater
36 Nevertheless
37 Disencumber
38 Performances
41 Johnson or Heflin
42 Windy City abbr.
45 Prom transportation
46 Bone china name
48 Hydrox competitor
49 Historic period
50 Between jobs
51 Flex
52 Tavern
53 Wanders about

DOWN

1 Undo a dele
2 Ahmadinejad's land
3 Sudden rush of wind
4 Trawler item
5 Feature of Norway's coast
6 Entrance
7 Moreover
8 American Idol champ Carrie
9 High-protein bean
10 Coaster
11 Flag maker
Betsy
16 Withdraw gradually
20 Satchel
21 Parton's theme park
22 Method
23 Nonprofessional
24 Sapporo sash
25 "Golly!"
26 Sceptre
27 Zsa Zsa's sis
28 Moray, for one
29 Modern-day evidence
31 Lustrous black
34 — Moines
35 Monarch
37 Speeder spotter
38 Unkempt one
39 Take on
40 Portent
41 Aloe —
42 Last few notes
43 Retain
44 Midmonth date
46 Symbol of intrigue
47 Peruke

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	5	3	8	9	4	2	6	1
8	2	1	5	3	6	4	9	7
9	4	6	7	1	2	3	5	8
5	7	2	3	8	1	9	4	6
6	1	4	2	7	9	8	3	5
3	9	8	6	4	5	7	1	2
2	3	5	4	6	8	1	7	9
1	8	7	9	5	3	6	2	4
4	6	9	1	2	7	5	8	3

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Chicken and Rice Dinner

INGREDIENTS:

1 broiler/fryer chicken, cut up
1/4 to 1/3 cup (50 to 75 ml) all-purpose flour
2 tbsp (25 ml) vegetable oil
2-1/3 cups (575 ml) water
1-1/2 cups (375 ml) Uncooked long grain rice
1 cup (250 ml) milk
1 tsp (5 ml) salt
1 tsp (5 ml) poultry seasoning
1/2 tsp (2 ml) pepper
Chopped fresh parsley

METHOD:

1. Dredge chicken pieces in flour. In a large skillet, brown chicken on all sides in oil over medium heat.
2. In a large bowl, combine the next six ingredients. Pour into a greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish. Top with chicken.
3. Cover lightly with foil and bake at 350 F (180 C) for 55 minutes or until rice and chicken are tender. Sprinkle with parsley before serving.

SERVES 6

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You may feel hard done by when things don't work out as you expected, but don't lose heart — overall, you're travelling in the right direction.

TAURUS ♉
APRIL 21-MAY 21
One very small problem is giving you a very big headache at the moment. Take that as a cosmic hint to focus on the things that really matter.

GEMINI ♊
MAY 22-JUNE 21
The cosmic setup urges you to make a serious attempt to change certain aspects of your lifestyle. It likely won't be as difficult or painful as you think.

CANCER ♋
JUNE 22-JULY 22
Someone you trusted may have let you down but you must not entertain thoughts of revenge. The worst possible thing you can do now is to start a feud.

LEO ♌
JULY 23-AUG 23
The sun in your sign makes you wonderfully confident and if you feel you've missed out in some way you'll make up for it over the next 24 hours.

VIRGO ♍
AUG 24-SEPT 22
Something you thought was finished will return to annoy you and likely it's your fault. The matter won't rest until you deliver what's expected of you.

LIBRA ♎
SEPT 23-OCT 23
No matter what losses you may have suffered of late, they took place for a reason. Your task now is to find out what that reason is and to learn from it.

SCORPIO ♏
OCT 24-NOV 22
The planets warn if you carry on at your present pace you risk doing yourself serious damage. There is no point running yourself into the ground.

SAGITTARIUS ♐
NOV 23-DEC 21
The sun in Leo is a great omen for those born under the sign of the Archer and you're certainly having a good time. But get serious about your work.

CAPRICORN ♑
DEC 22-JAN 20
What you thought was bad news yesterday may well turn out to be good news today. Once again you seem to have assumed the worst.

AQUARIUS ♒
JAN 21-FEB 18
Sometimes you wonder why you put up with certain people and you'll feel that way today. But don't be too eager to bring a relationship to an end.

PISCES ♓
FEB 19-MARCH 20
What happens today will remind you that love cannot be bought or sold at any price. You are wealthy beyond measure in what really matters.

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